

Abstract

Background: Some studies have shown that recurrent oral ulcers may be a symptom of celiac disease. Therefore, common treatment of mouth ulcers is not effective, in this respect, the diagnosis of celiac disease to be delayed. Hence, we intended to found the prevalence of celiac disease in patients with recurrent aphthous with designing this study.

Material and Methods: There is a prospective cross-sectional study and 181 patients with recurrent oral ulcers (at least 3 attacks per year) were enrolled. Peripheral blood samples were collected from the subjects and they were studied in terms of anti-tissue transglutaminase antibodies (IgA) and anti-endomysium (IgA) and serum IgA levels. Also, patients with positive celiac serology underwent duodenal biopsy. All patients information were entered into check lists and after completing them, obtained data were analyzed by SPSS v16 statistical software.

Results: In this study, 181 patients with recurrent aphthous were investigated that 75.23% were male and 25.7% were female. Average age of these patients was 45.28 ± 27.12 years. In these patients 79.76% living in city and majority of them living in Ardabil. The average age of this disease onset was 39.23 ± 46.9 years. Serologic survey results showed that only 2 patients (10%) were positive for these antibodies that both were women, their average age was 29 years, average age of this disease onset was 22.5 years and biopsy of patients was as Lymphocytic enteritis with crypt hyperplasia (Marsh II).

Conclusion: According to the results of this study, the prevalence of celiac disease in patients with recurrent oral ulcers has a low frequency.

Key words: Recurrent aphthous stomatitis, Celiac disease, Gluten-free diet.